



Drink a Cuppa!

Simple Herbal Teas from Brighter Day Natural Foods & Friends

Winter Tea (1 Serving) (Banyon Herbs)

Ingredients

¼ tsp fresh ginger, grated 1 inch cinnamon bark
¼ tsp cardamom ¼ tsp rice syrup
1 c. water

Preparation

Bring water to a boil, add the spices and lower the heat and cover. Simmer & let brew for five minutes. Strain, add the rice syrup and drink. You can enjoy this tea in the morning or afternoon

2 Ridiculously Easy Teas (Brighter Day Staff Favs)

Rose Pearl

Place these in a cup and pour boiling water over; cover with a saucer and steep 5 minutes. I drink before bed

- 1 Health King Pearl Powder teabag
- 1 Organic India Tulsi Sweet Rose teabag
- Sweetener (optional)

Golden Milk Extra

Place these in cup and pour boiling water or warmed almond milk over; cover with a saucer and let steep 5 minutes. Remove tea bags, stir and drink any time.

- 1 Tbl. Gaia Golden Milk
- 1 Celestial Organics Cinnamon & Cardamom Teabag or Ginger and Turmeric Teabag
- Some freshly grated orange peel, organic of course. (Optional)
- Sweetener like local honey or Kal Stevia plain drops (optional)

Simple Digestive Tea from One of Our Customers

We have a lot of conversations like this in the Bulk Herb Department at Brighter Day.... A customer was telling me her favorite digestive tea recipe and someone nearby said, "What was that you were saying? I would like a digestive tea too!" And that is how we find some of our best recipes. There were no quantities; she just made a tea ofsome fennel seeds, coriander seeds and cardamom pods.

**Learn More at Brighter Day Natural Foods, 1102 Bull
Street, Savannah, GA 31401 (912-236-4703)**

More Recipes for Health!

Sharon's Favorite Herbal Bitters

Here's a recipe we've used at my house over the years. It came to me from my daughter-in-law, who believes she got it from herbalist, Susan Weed.

Combine 1 oz. each of these dried, ground herbs and put into a large glass jar with a lid: cardamom pods, orange peel, gentian root, Oregon grape root. Pour this liquid over the herbs in the jar: 10 ounces of Everclear and 10 ounces of spring water. Some people *substitute* 20 ounces of 100- proof vodka. Steep for at least 2 weeks, shaking well each day. Then strain & put in 2 or 4-oz dropper bottles and store in a cool dry place out of sunlight. To serve: Take a dropper full about 20 minutes before eating or anytime you feel bloated or have gas. Makes a great gift for friends and family.

Leslie Tierra's Quick Digestive: Good for What Ails You

"Settles the stomach," as the elders used to say. Brighter Day has these ingredients.

Place these in a cup - kudzu, miso (we like the refrigerated kind) and a little tamari. Pour boiling water over, then stir to mix. You can add garlic or ginger if you like. Drink it warm.

Dr. Low Dog's Thyme Honey (from her book, *Healthy at Home*)

"Soothes respiratory & skin irritation"

Ingredients: ½ cup fresh *or* ¼ cup dried thyme; 8 ounces honey

Instructions: Gently heat honey in a saucepan and add the thyme. Stir for about 10 minutes. Pour all into a clean canning jar & let sit in a warm place for 2-3 weeks. Then scoop out the jar contents into a saucepan & gently heat until liquid. Using a fine-mesh strainer, pour the honey into a clean jar. Label & store in cool dark cabinet. Good for at least a year.

To Use: *For coughs & colds*, take 1 teaspoon. You can also dissolve in water & drink. *For wounds*, spread a thin layer on a 3x3 bandage or gauze & apply. Change daily.

Corey Pane's Bone Broth Soup (Taken from his blog)

To read whole blog on winter wellness go to

<http://www.blueridgeschool.org/blog/2013/12/20/winter-wellness>

- Start collecting vegetable scraps in your freezer until you're ready to make your broth. Leave out broccoli and cauliflower, as they would overpower the soup
- Save bones in freezer as well, separating by beef, chicken/turkey, or fish.
- When ready to make, throw vegetables, any meat scrapes and desired bones in a crock-pot and simmer for 12 – 48 hours. To get the minerals out of the bones, add a couple tablespoons of vinegar and cook towards the longer side.
- Then strain and keep refrigerated for 5 – 7 days, using it as a base for soups, sauces and gravies, or use to cook rice or other grains.
- You can also add throw in some garlic, astragalus root (supports deep immunity) and your favorite herbs for additional flavor and nutrition.